

Connecticut Nutrition Standards for Competitive Foods in Schools



Connecticut State Department of Education (CSDE)
Bureau of Health/Nutrition, Family Services and Adult Education

About this Presentation

- This presentation provides general guidance regarding the CNS for competitive foods in HFC public schools
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (CSDE)

Objectives

- Review the general standards and nutrient standards for the six CNS categories
- Indicate how to evaluate foods for CNS compliance
- Identify resources for guidance and training



Resources and websites are listed in the yellow bar

Disclaimer

- The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE
- Product names are used solely for clarification in evaluating foods for compliance with the CNS

Acronyms

ASP	Afterschool Snack Program	MMA	Meat/meat alternate
BOE	board of education or school governing authority	NSLP	National School Lunch Program
CGS	Connecticut General Statutes	PFS	product formulation statement
CNPs	Child Nutrition Programs	RTE	ready-to-eat
CNS	Connecticut Nutrition Standards	SBP	School Breakfast Program
CSDE	Connecticut State Department of Education	USDA	U.S. Department of Agriculture
FDA	Food and Drug Administration	VF	Vegetable/fruit
HFC	Healthy Food Certification	WGR	Whole grain-rich

Contents

Topic	Slides
<u>Overview of CNS</u>	7-16
<u>Food Exemptions</u>	17-26
<u>Review of CNS Categories</u>	27-69
<u>General Standards</u>	70-113
<u>CNS Nutrient Standards</u>	114-140
<u>Evaluating Commercial Foods</u>	141-150
<u>Evaluating Foods Made from Scratch</u>	151-166
<u>More Resources: HFC and CNS</u>	167-178
<u>More Resources: Federal and State Requirements</u>	179-187
<u>CSDE Contact Information</u>	188-190

Overview of CNS



https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e

Background

- Developed in 2006 and reviewed annually
- Based on current nutrition science and national health recommendations
 - Promotes increased consumption of nutrient-rich foods
 - Limits calories, total fat, saturated fat, trans fat, sodium, and sugars
- Meets or exceeds USDA's Smart Snacks nutrition standards

CNS Applies To

1. All foods available for sale to students *separately* from reimbursable meals from all sources on school premises
2. All foods served in the USDA's Afterschool Snack Program (ASP)

Six Food Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains, e.g., rice, pasta, and quinoa
5. Soups
6. Fruits and vegetables



Nutrition Requirements

1. Foods must meet *at least one general standard*

- Whole grain-rich (WGR)
- Contains food group as first ingredient
- Combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable per serving



Nutrition Requirements

2. Foods must meet *all nutrient standards* for the specific food category



CNS Nutrient Standards Address

Nutrients	Ingredients
<ul style="list-style-type: none">• Calories• Total fat• Saturated fat• Trans fat• Sodium• Total sugars	<ul style="list-style-type: none">• No nonnutritive sweeteners or sugar alcohols• No chemically altered fat substitutes• No added caffeine• No significant fortification• No nutrition supplements

CSDE Resource

Summary of CNS

Summary of Connecticut Nutrition Standards for School Years 2021-22 and 2022-23

This document summarizes the Connecticut State Department of Education's (CSDE) publication, *Connecticut Nutrition Standards for Foods in Schools*, for school years 2021-22 and 2022-23 (July 1, 2021, through June 30, 2023). The Connecticut Nutrition Standards (CNS) is based on current nutrition science and national health recommendations from the 2020-2025 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HFFKA of 2010*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Public schools that choose the healthy food option of [Healthy Food Certification](#) (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable meals, at all times and from all sources. This includes, but is not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, and any other sources of food sales to students on school premises. Foods that comply with the CNS are listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, which includes brand-specific lists of commercial food products that comply with the CNS and beverages that comply with the state beverage requirements of C.G.S. [Section 10-221q](#).

In HFC schools, foods that do not comply with the CNS cannot be sold unless the local board of education or governing authority votes to allow exemptions, and the following conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods are not sold from a vending machine or school store.

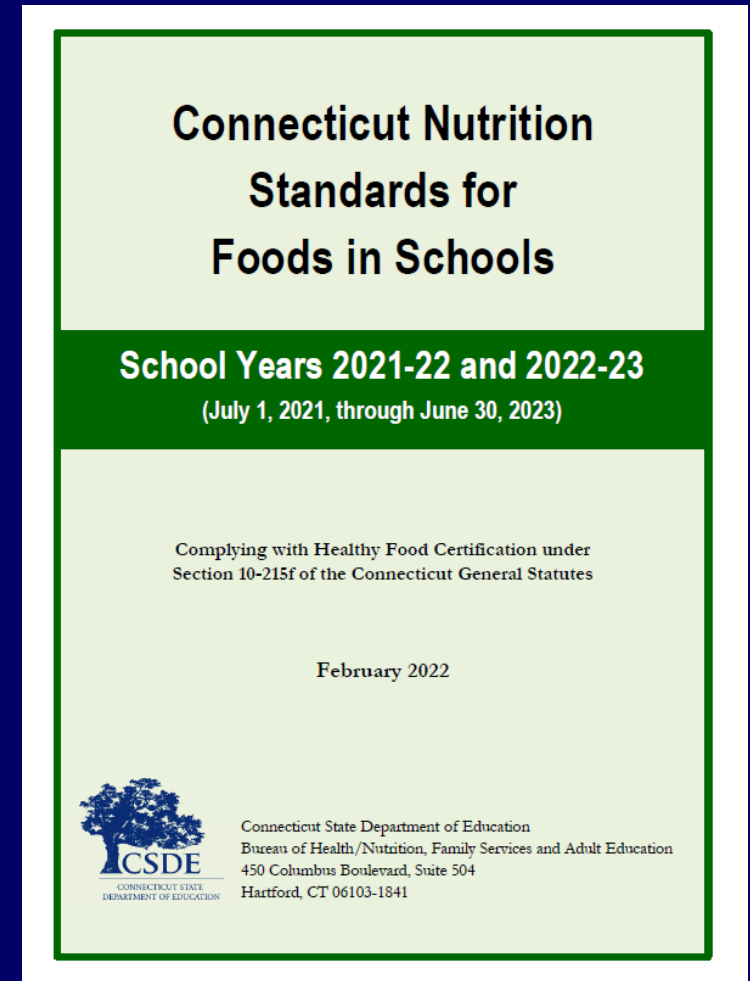
An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and school debates are events, but soccer practices, play rehearsals, and debate team meetings are not. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. "Location" means where the event is being held and must be the same place as the food sales. For example, foods can be sold on the side of the soccer field during a soccer game, but not in the school cafeteria while a game is played on the soccer field.

Connecticut State Department of Education • Revised February 2022 • Page 1 of 17

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf

Full CNS Document

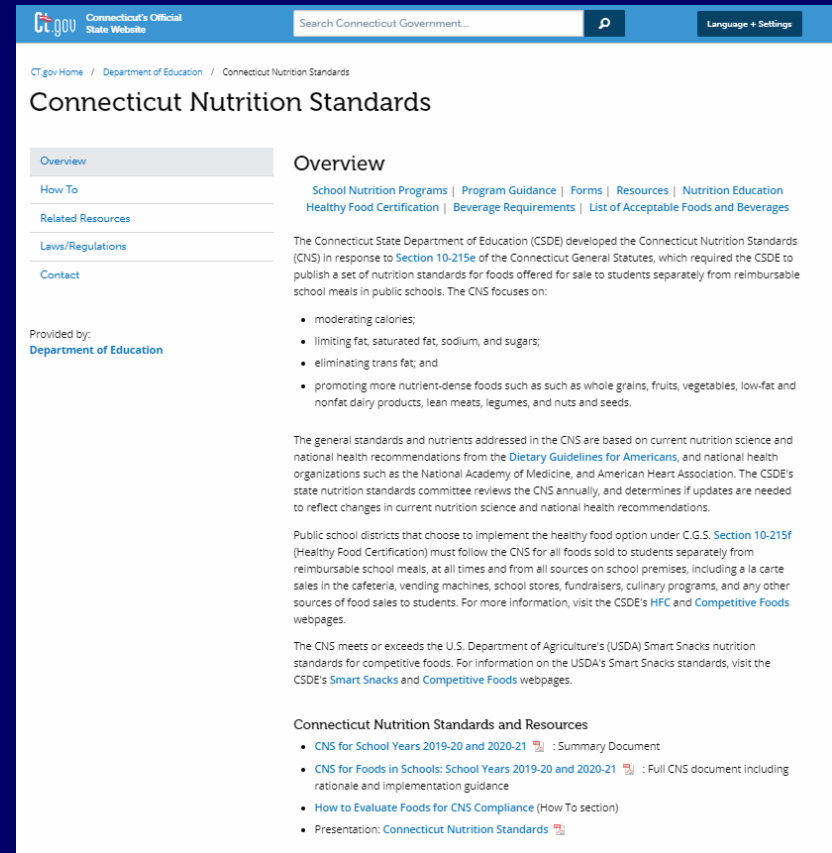
- Background
- Rationale
- Implementation guidance



https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_full_document.pdf

Connecticut Nutrition Standards Webpage

- CNS summary
- Full CNS document
- Guidance on how to evaluate foods for CNS compliance
- CNS worksheets



<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

Food Exemptions



https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f

Food Exemptions

Foods that do not comply with the CNS cannot be sold to students unless

1. BOE *votes* to allow food exemptions (part of annual HFC statement)
2. Food sales *meet the 3 exemption criteria* of HFC statute

Three Exemption Criteria

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend
2. The sale is at *location* of event
3. The foods are *not sold* from a vending machine or school store

Definition of Event

An occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity



Event	Not an event
Soccer game	Soccer practice
High school debate	Debating team practice
School play	Play rehearsals
School chess match	Chess club

Examples of Events

- Awards banquets
- Boy Scout Blue & Gold dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School recitals
- School dances
- School fairs, e.g., health, science, and math
- Silent auctions
- Sports banquets
- Sports games, tournaments, and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball, wrestling, and cross country
- Talent shows
- Theatrical productions

Definition of School Day

The period from
*midnight before to
30 minutes after*
the end of the
official school day



Example of School Day

School ends at	3:00 PM
School day is	Midnight through 3:30 PM
Foods that do not meet CNS can be sold at the <i>location of an event</i> held anytime from	3:31 PM through 11:59 PM *

- * If any CNPs are operating, sales must comply with the state competitive foods regulations

Definition of Location

The *same place* where the event is being held

Event: Soccer game

Location: Side of soccer field



Food Exemptions Never Allowed for

- A la carte sales in Child Nutrition Programs (CNP)
- Afterschool programs and activities
- Classes and educational programs
- Clubs, organizations, and similar groups
- Fundraisers not held at an event
- Programs and meetings
- School stores
- Sports practices
- Summer school programs operated by BOE
- Vending machines
- Any other activities that are not events

Exemptions for Foods and Beverages in Public Schools

Summarizes state requirements and provides specific motion language for exemptions

Exemptions for Foods and Beverages in Public Schools

This document summarizes the requirements for allowing food exemptions under Healthy Food Certification (HFC), which are mandated by [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.); and the requirements for allowing beverage exemptions in public schools, which are mandated by C.G.S. [Section 10-221q](#). It also provides motion language for the board of education or governing authority's votes to allow food exemptions and beverage exemptions.

Annual HFC Requirements

Each public school sponsor of the National School Lunch Program (NSLP) must complete their annual HFC Statement (Addendum to Agreement for Child Nutrition Programs (ED-099)) by July 1 of each year. The HFC Statement is completed online in the Connecticut State Department of Education's (CSDE) Online Application and Claiming System for Child Nutrition Programs ([CNP System](#)), as part of the sponsor's application module for participation in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs.

The final board-approved meeting minutes must be uploaded with the submission of the annual HFC Statement, and must indicate the results of the board votes for whether the district will:

- adopt the healthy food option under HFC;
- allow food exemptions to the healthy food option under HFC (if the district votes to implement the healthy food option); and
- allow beverage exemptions under C.G.S. Section 10-221q (if the district chooses to allow beverage exemptions).

For detailed guidance on the HFC requirements, refer to the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#), and visit the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, refer to the CSDE's document, [Summary of Connecticut Nutrition Standards](#), and visit the CSDE's [Connecticut Nutrition Standards](#) webpage.

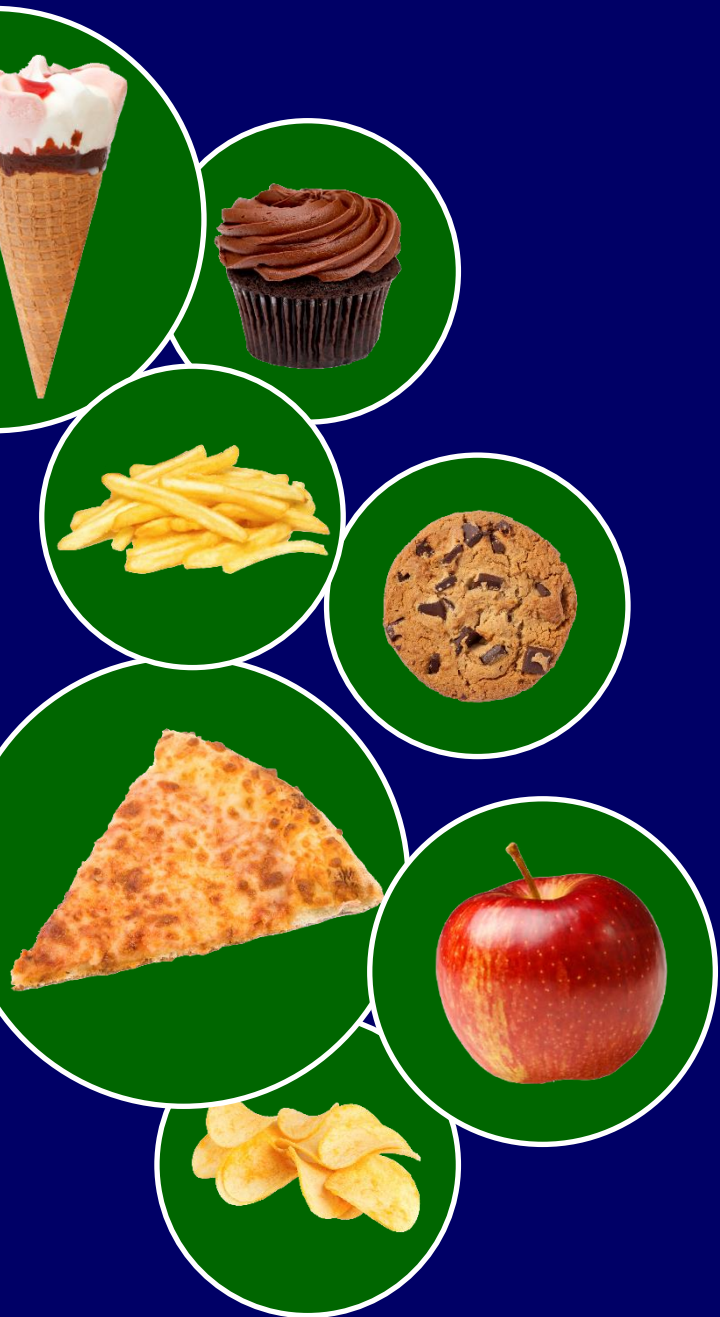
Required Exemption Language

The language in the final board-approved meeting minutes must reflect the specific criteria required by C.G.S. Section 10-215f for participating in the healthy food option of HFC and allowing food exemptions. For detailed guidance on the current year's HFC application process, refer to the CSDE's annual [Operational Memorandum](#) regarding the annual process for submitting the healthy food certification (HFC) statement. For additional information on the HFC application process, visit the "Apply" section of the CSDE's HFC webpage.

Connecticut State Department of Education • Revised January 2022 • Page 1 of 8

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Exemptions_Food_Beverages_Public_Schools.pdf

Review of Six CNS Categories



1 Snacks

- Includes most competitive foods sold in schools
- Wide variety of typical snack foods



Examples of Foods in Snacks Category

- Bakery items, e.g., cakes, brownies, pastries, muffins, waffles, pancakes, French toast, soft pretzels
- Breakfast cereals
- Cheese, pudding, yogurt
- Chips, crackers, hard pretzels, pita chips, popcorn, rice cakes, snack mix, trail mix
- Cookies, cereal bars, granola bars
- Ice cream, ice cream novelties, frozen desserts
- Meat snacks (jerky, meat sticks)
- Nuts, seeds, nut/seed butters
- Smoothies made with low-fat yogurt and fruits/vegetables/juice

2

Entrees
Sold
Only A
La Carte

Entrees that are *not* sold
as part of reimbursable
meals



How CNS Applies to Entrees

Applies to	Does not apply to
<p>Entree items sold <i>only</i> a la carte (not part of reimbursable meals)</p>	<p>Entree items sold a la carte <i>during the meal service on the same day</i> that they are planned and served as part of reimbursable meals *</p> <p>* Exempt from CNS if meet five criteria</p>





Exemption Criteria for Entrees

1. Sold a la carte during meal service on *same day* that they are planned and served as part of reimbursable meals
2. Same or smaller portion size as NSLP/SBP
3. Same accompaniments as NSLP/SBP
4. Meet trans fat standard
5. No nonnutritive sweeteners, sugar alcohols, or chemically altered fat substitutes

Exemption Criteria for Entrees

Do Not Apply to Any Other Meal Items

Examples		
Food	Cannot be sold a la carte unless	Important
 French fries that are part of a reimbursable meal	Meet CNS for fruits and vegetables category	
 Muffins that are part of a reimbursable meal	Meet CNS for snacks category	

Entrees sold only a la carte must meet

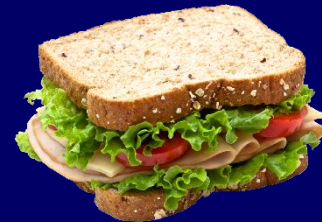
1. CNS entree definition **AND**
2. at least one general standard (entrees containing grains must also meet WGR standard) **AND**
3. all CNS nutrient standards for the entree category



CNS Entree Definition

Three Categories of Main Dish Food Items

1. Combination food that contains meat/meat alternate (MMA) and WGR food



CNS Entree Definition

Three Categories of Main Dish Food Items

2. Combination food of MMA and vegetable/fruit (VF)

- If entree contains grains, grain portion must meet WGR general standard



CNS Entree Definition

Three Categories of Main Dish Food Items



3. MMA alone, excluding foods in the Snacks category

- Yogurt
- Low-fat/reduced fat cheese
- Nuts, seeds, nut/seed butters
- Meat snacks, e.g., jerky and meat sticks

CNS Entree Definition is Different from NSLP/SBP

Foods defined by menu planner as entrees in NSLP/SBP might *not* meet CNS entree definition

Important



Example: French toast or pancakes could be the “entree” for lunch in the NSLP, but these foods do not meet the CNS entree definition because they do not contain MMA



Evaluating Entrees for CNS Compliance

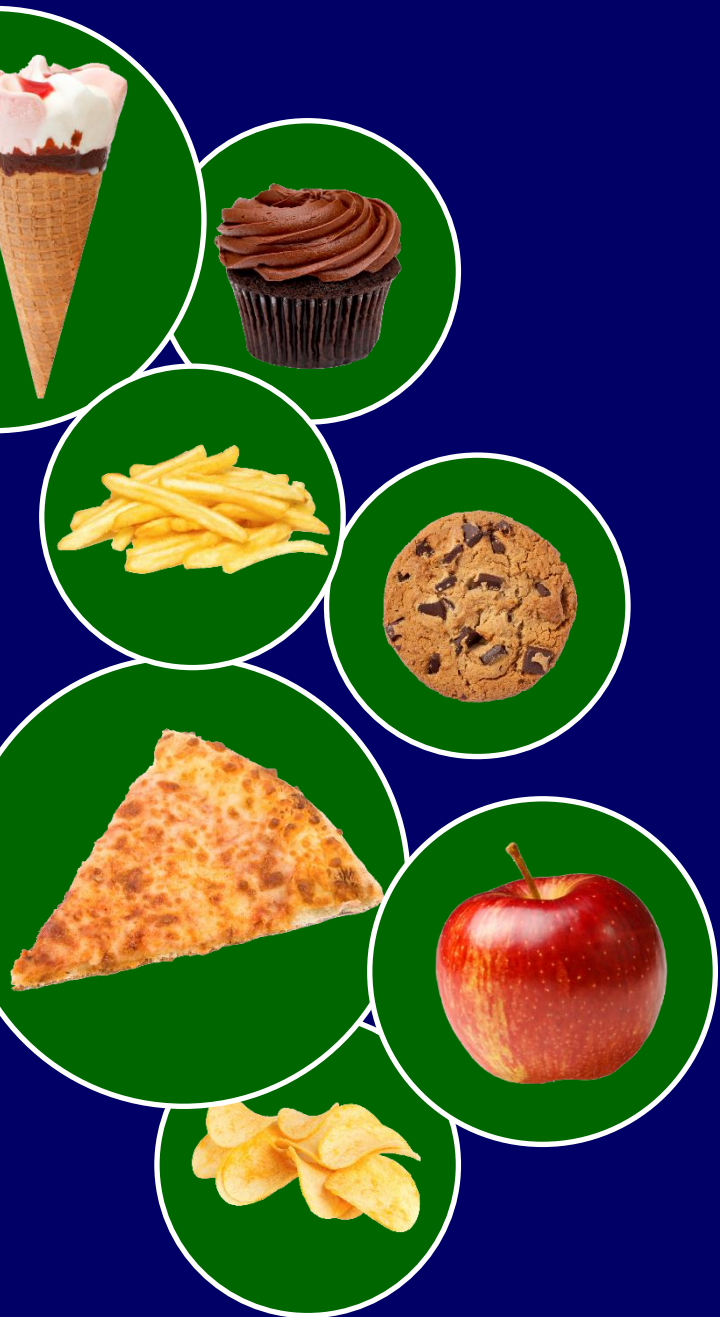
- Based on amount served including added accompaniments
 - Hamburger with ketchup
 - Chicken nuggets with dipping sauce
 - Taco with taco sauce
 - Stir-fry chicken with duck sauce

Refer to “Standards Apply to Serving with Accompaniments” in this presentation



Knowledge Check: Is it an entree?

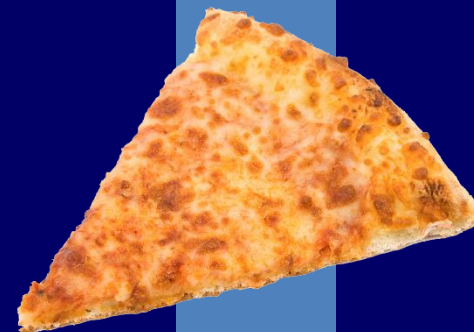
Indicate if each food
item meets the CNS
entree definition



Meets CNS entree definition?

Cheese Pizza with WGR Crust

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree

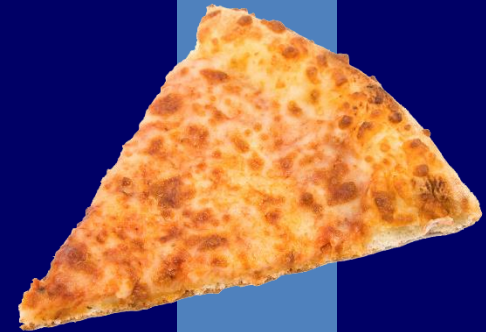


Meets CNS entree definition?

Answer

Cheese Pizza with WGR Crust

- ☒ **Combination food of MMA and WGR food**
- ☐ **Combination food of MMA and VF**
- ☐ **MMA alone**
- ☐ **Not an entree**



Cheese = MMA

Pizza crust = WGR food

Meets CNS entree definition?

Low-fat Cheese Stick

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Low-fat Cheese Stick

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



**Not a main dish
(Snacks category)**

Meets CNS entree definition?

WGR Pancakes

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

WGR Pancakes

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



Not a main dish
(Snacks category)

Meets CNS entree definition?

Three-bean Vegetarian Chili

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Three-bean Vegetarian Chili

- ☐ Combination food of MMA and WGR food
- ☒ **Combination food of MMA and VF**
- ☐ MMA alone
- ☐ Not an entree



Beans (legumes) = MMA
Tomato sauce = VF

Meets CNS entree definition?

CN Labeled Vegetable Egg Roll with Whole-grain Wrapper

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

CN Labeled Vegetable Egg Roll with Whole-grain Wrapper

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



Not a main dish: no MMA
(Snacks category)

Meets CNS entree definition?

Chicken Vegetable Stir-fry

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Chicken Vegetable Stir-fry

- ☐ Combination food of MMA and WGR food
- ☒ **Combination food of MMA and VF**
- ☐ MMA alone
- ☐ Not an entree



Chicken = MMA
Vegetables = VF

Meets CNS entree definition?

Breaded Chicken Breast on Enriched Bun

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Breaded Chicken Breast on Enriched Bun

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



Grain portion is not WGR

Meets CNS entree definition?

Chicken Nuggets with Whole-grain Breading

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Chicken Nuggets with Whole-grain Breading

- ☒ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Chicken = MMA

Breading = WGR food

Meets CNS entree definition?

Low-fat Yogurt

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Low-fat Yogurt

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



**Not a main dish
(Snacks category)**

Meets CNS entree definition?

Yogurt and Fruit Parfait

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Yogurt and Fruit Parfait

- ☐ Combination food of MMA and WGR food
- ☒ **Combination food of MMA and VF**
- ☐ MMA alone
- ☐ Not an entree



Yogurt = MMA
Fruit = VF

Meets CNS entree definition?

Yogurt and Strawberry Smoothie

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Yogurt and Strawberry Smoothie

- ☐ Combination food of MMA and WGR food
- ☒ **Combination food of MMA and VF**
- ☐ MMA alone
- ☐ Not an entree



Yogurt = MMA
Strawberries = VF

Meets CNS entree definition?

Nuts and Seeds

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☐ Not an entree



Meets CNS entree definition?

Answer

Nuts and Seeds

- ☐ Combination food of MMA and WGR food
- ☐ Combination food of MMA and VF
- ☐ MMA alone
- ☒ **Not an entree**



**Not a main dish
(Snacks category)**

3

Non-entree Combination Foods

- Nutrient-rich combination foods that do not meet entree definition
 - Not a main dish **OR**
 - Do not provide minimum serving



Examples

- WGR vegetable egg rolls
- Carrot sticks with peanut butter
- Vegetables with hummus dip

4

Cooked Grains

- Rice
- Pasta
- Cereals grains, e.g., millet, quinoa, wheat berries, and rolled wheat
- Does not include cooked breakfast cereals | (e.g., oatmeal)



5

Soups

- Ready-to-serve
- Canned
- Frozen
- Rehydrated



6

Fruits and Vegetables

- Fresh
- Frozen
- Canned
- Dried, including fruit snacks that are 100 percent fruit

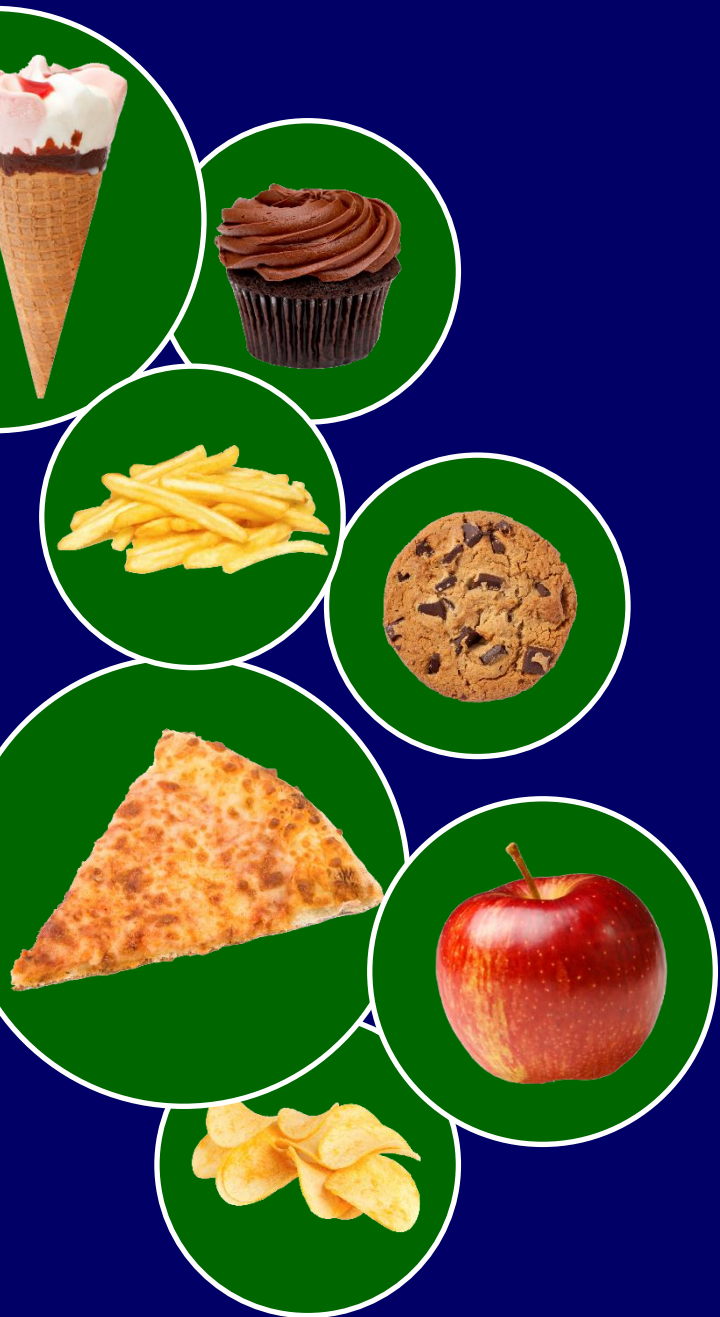


Foods Exempt from All Standards

- *Fresh and frozen fruits and vegetables:*
No added ingredients except water
- *Canned fruits:* No added ingredients except water **OR** packed in 100 percent juice, extra light syrup, or light syrup
 - No nonnutritive sweeteners, sugar alcohols, or added fat
- *Low sodium or no salt added canned vegetables:* No added fat, nonnutritive sweeteners, or sugar alcohols



General Standards



Three General Standards *

1. Whole grain-rich (WGR)
2. Contains food group as first ingredient
3. Combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable per serving

* Foods must meet at least one



General Standard 1: WGR *



* Same as WGR
criteria for
school meals

1. ≥ 50 percent whole grains by weight
2. All other creditable grains are enriched
3. Combined weight of noncreditable grains are less than 2% of product formula
 - **Groups A-G:** ≤ 3.99 grams per oz eq
 - **Group H:** ≤ 6.99 grams per oz eq

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12

Summarizes WGR criteria and provides guidance on how to determine if foods are WGR

Meeting the Whole Grain-rich Requirement
for the National School Lunch Program
and School Breakfast Program
Meal Patterns for Grades K-12

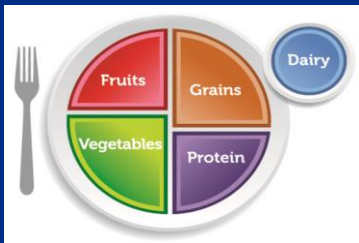
School Year 2021-22



September 2021

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
450 Columbus Boulevard, Suite 504
Hartford, CT 06103-1841

General Standard 2: Food Group is First Ingredient



- First ingredient is food group **OR**
- First ingredient is water and second ingredient is food group
 - Fruits
 - Vegetables
 - Dairy
 - Protein, e.g., meat, beans, poultry, seafood, eggs, nuts, seeds

<https://www.myplate.gov/>

Meeting the Food Group Standard: Products Containing Grains

If product contains a
separate grain portion,
it must be WGR



Meeting the Food Group Standard: Soy Products

A product that lists a soy product as first ingredient meets the *protein food group* general standard



Examples of soy products

- Tofu
- Soy protein concentrate
- Textured vegetable protein (TVP)

Meeting the Food Group Standard: Soy Nuts

A product that lists soy nuts as first ingredient meets either the

- *protein food group* general standard **OR**
- *vegetable food group* general standard



Meeting the Food Group Standard: Dried Fruits

A product that lists a dried or dehydrated fruit or fruit puree as first ingredient meets the *fruit food group* general standard



Examples

- Dried cherries
- Dehydrated apples
- Dates
- Raisins
- Pureed apples

Meeting the Food Group Standard: Dried Vegetables

A product that lists a dried or dehydrated vegetable or vegetable puree as first ingredient meets the *vegetable food group* general standard

Examples

- Potato flakes
- Dried potatoes
- Pureed carrots

Dehydrated/Concentrated Juice/Puree

- Added sugar
- Does *not* meet a food group general standard

Meets fruit food group standard?	
Yes	No
Fruit puree	Fruit puree concentrate Juice from concentrates

Examples: Does product meet fruit group general standard?

Welch's Fruit Snacks

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



No

Juice from concentrates = added sugar

Examples: Does product meet fruit group general standard?

Stretch Island Fruit Co All-Natural Fruit Strip

Ingredients: *Apple puree concentrate*, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate



No

Apple puree concentrate = added sugar

Examples: Does product meet fruit group general standard?

Plums Kids Organic

Mashups Squeezable Fruit

Ingredients: *Organic fruit purees*
(*apple, banana, strawberry*), citric acid



Yes *

Pureed fruit = fruit

* To comply with CNS, product must also meet all CNS nutrient standards

Examples: Does product meet fruit group general standard?

Dole Fruit Squish'ems

Ingredients: *Apples*, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)

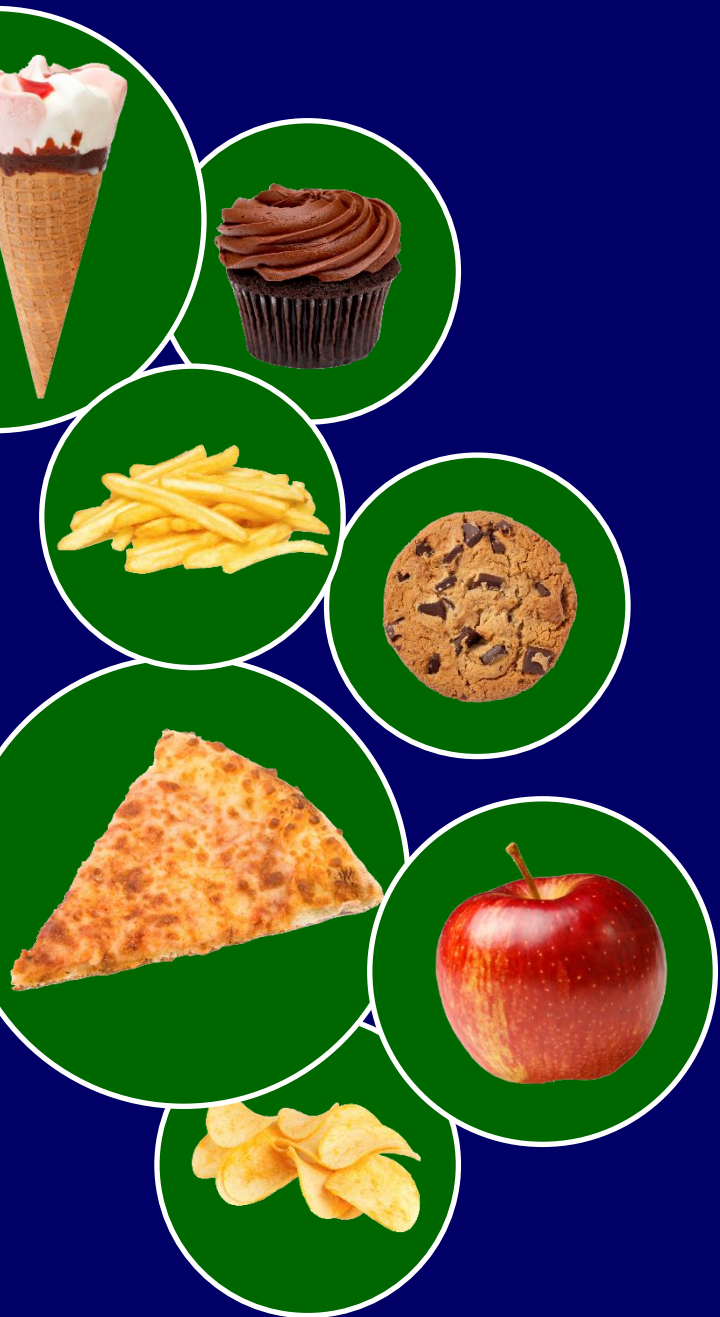


Yes * Apples = fruit

* To comply with CNS, product must also meet all CNS nutrient standards

Knowledge Check: Food Group General Standard

Indicate if each food product meets a food group general standard (fruits, vegetables, dairy, or protein)



Frito Lay Baked Lay's Original Potato Crisps

Ingredients: *Dried potatoes*, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

☐ Yes: _____

☐ No



Frito Lay Baked Lay's Original Potato Crisps

Answer

Ingredients: *Dried potatoes*, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

☒ Yes: Vegetables *

☐ No



* To comply with CNS, product must also meet all CNS nutrient standards

Dannon Oikos Strawberry Greek Yogurt

Ingredients: *Cultured grade A nonfat milk*, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



☐ Yes: _____

☐ No

Dannon Oikos Strawberry Greek Yogurt

Answer

Ingredients: *Cultured grade A nonfat milk*, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



☒ Yes: Dairy *

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

Dannon Oikos Strawberry Greek Yogurt

Ingredients: *Low-fat milk (vitamin A and D)*, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate

☐ Yes: _____

☐ No



Dannon Oikos Strawberry Greek Yogurt

Answer

Ingredients: *Low-fat milk (vitamin A and D)*, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



☒ Yes: Dairy *

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

ES Foods Part Skim

Mozzarella Cheese Stick

Ingredients: *Pasteurized part-skim milk*, cheese cultures, salt, enzymes, vitamin A palmitate

☐ Yes: _____

☐ No



ES Foods Part Skim Mozzarella Cheese Stick

Answer

Ingredients: *Pasteurized part-skim milk*, cheese cultures, salt, enzymes, vitamin A palmitate

☒ Yes: Dairy *

☐ No



* To comply with CNS, product must also meet all CNS nutrient standards

Larabar Cherry Pie Bar

Ingredients: *Dates*, almonds,
unsweetened cherries

☐ Yes: _____

☐ No



Larabar Cherry Pie Bar

Answer

Ingredients: *Dates*, almonds, unsweetened cherries

☒ Yes: Fruits *

☐ No



* To comply with CNS, product must also meet all CNS nutrient standards

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Raspberry

Ingredients: *Raspberry puree*
(red raspberries, lemon juice),
filtered water, organic cane
sugar



- ☐ Yes: _____
- ☐ No

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Raspberry

Answer

Ingredients: *Raspberry puree*
(red raspberries, lemon juice),
filtered water, organic cane
sugar



☒ Yes: Fruits *

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Tangerine

Filtered water, *tangerine puree* (tangerines, orange pulp), organic cane sugar



☐ Yes: _____

☐ No

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Tangerine

Answer

Filtered water, *tangerine puree* (tangerines, orange pulp), organic cane sugar



☒ Yes: Fruits *

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

Stretch Island Fruit Leathers Autumn Apple

Ingredients: *Apple puree
concentrate*, natural apple
flavor, lemon juice concentrate

☐ Yes: _____

☐ No



Stretch Island Fruit Leathers Autumn Apple

Answer

Ingredients: *Apple puree concentrate*, natural apple flavor, lemon juice concentrate

☐ Yes: _____

☒ No *



* Fruit puree concentrate
is added sugar

Welch's Fruit Snacks

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



☐ Yes: _____

☐ No

Welch's Fruit Snacks

Answer

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



☐ Yes: _____

☒ No *

* Juice from concentrate
is added sugar

Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

Ingredients: Micron filtered water, **sugar**, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



☐ Yes: _____

☐ No

Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

Answer

Ingredients: Micron filtered water, **sugar**, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



☐ Yes: _____

☒ No *

* First ingredient after water is sugar, which is not a food group

Rich's Fudge Frenzy

Frozen Novelty

Ingredients: *Nonfat milk*, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate

☐ Yes: _____

☐ No



Rich's Fudge Frenzy Frozen Novelty

Answer

Ingredients: *Nonfat milk*, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



☒ Yes: Dairy *

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

Beanitos Puffs

White Cheddar

Ingredients: *Whole navy beans*, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid

☐ Yes: _____

☐ No



Beanitos Puffs

White Cheddar

Answer

Ingredients: *Whole navy beans*, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



☒ Yes: Vegetables or Protein*

☐ No

* To comply with CNS, product must also meet all CNS nutrient standards

Rich's Low-fat Vanilla Ice Cream Sandwich

Ingredients: **FROZEN DAIRY DESSERT:** *Nonfat milk and milkfat*, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** *Bleached wheat flour*, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor



☐ Yes: _____

☐ No

Rich's Low-fat Vanilla Ice Cream Sandwich

Answer

Ingredients: **FROZEN DAIRY DESSERT:** *Nonfat milk and milkfat*, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** *Bleached wheat flour*, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor



☐ Yes: _____

☒ No *

* First ingredient after water is sugar, which is not a food group

General Standard 3: Combination Food

- Contains 2 or more food groups and at least $\frac{1}{4}$ cup of fruit/vegetable per serving
 - Any grain portion must be WGR

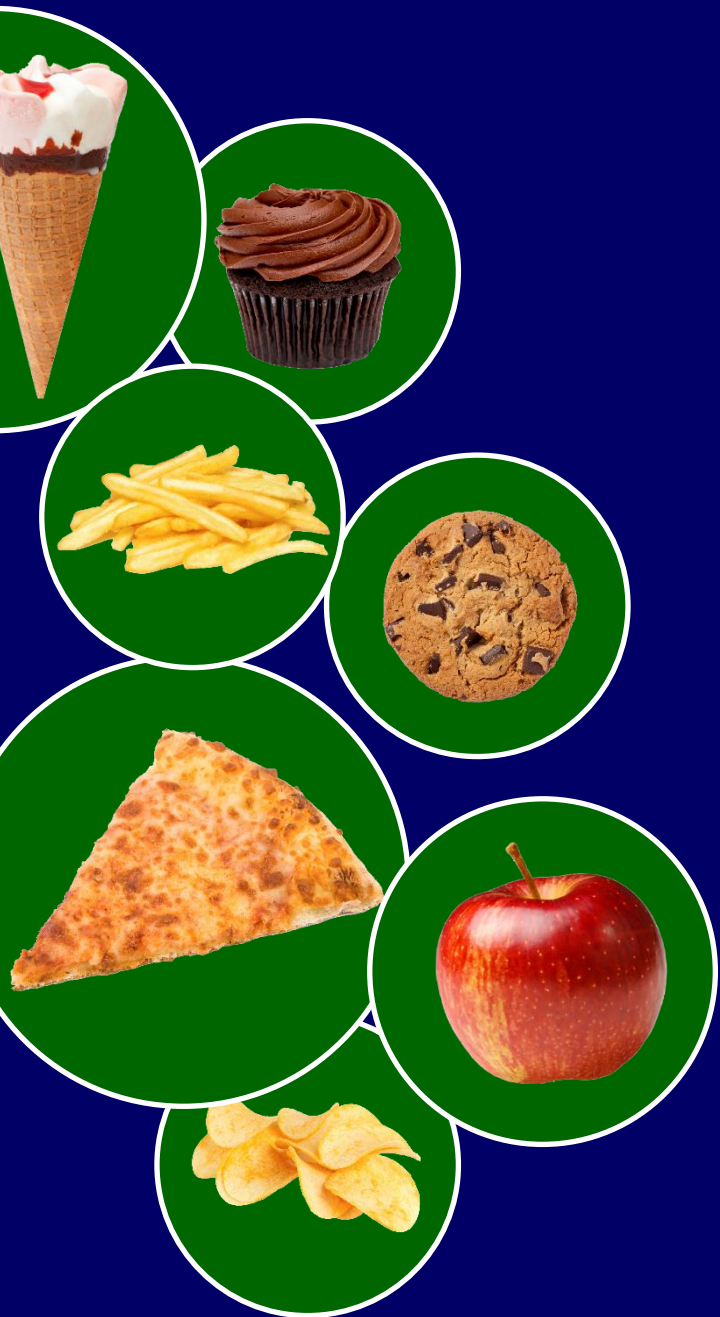


Combination Foods

Foods that contain *more than one* food component such as

- veggie pizza
- lasagna
- smoothies made with fruit and low-fat or fat-free milk





CNS Nutrient Standards

- Nutrients
- Ingredients

CNS for Nutrients

- Calories
- Total fat
- Saturated fat
- Trans fat
- Sodium
- Total sugars



CNS Applies to Serving with Accompaniments

- CNS applies to the amount of food *as served*, including any added accompaniments
- May use *average portions* to determine nutrition information for self-serve accompaniments, such as ketchup for french fries

Examples

- Butter, margarine
- Cream cheese
- Jelly, jam
- Ketchup, mustard, mayonnaise, relish
- Salad dressing
- Dipping sauces
- Gravy



Examples of Accompaniments

- Bagel with *cream cheese*
- French fries with *ketchup*
- Salad with *dressing*
- Carrots with *ranch dip*
- Hamburger with *ketchup and mustard*
- Egg rolls with *duck sauce*
- Pasta with *butter*
- Muffins or rolls with *margarine or butter*



Nutrients per Serving: Calories

Standard per serving ¹

- All foods except entrees: ≤ 200
- Entrees: ≤ 480

¹ Includes added accompaniments

Nutrients per Serving: Fat

Nutrient	Standard per serving ¹
Total fat	≤ 35% of calories
Saturated fat	< 10% of calories
Trans fat	0 grams No partially hydrogenated oils
¹ Includes added accompaniments	

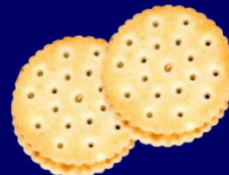
Exemptions for Fat and Saturated Fat

Food	Fat	Saturated Fat
Low/reduced fat 100% natural cheese	✓	✓
Nuts, seeds, nut/seed butters	✓	✓
Products consisting of only dried fruit with nuts and/or seeds (no added sweeteners or fats)	✓	✓
Whole eggs (no added fat)	✓	✓
Seafood (no added fat)	✓	



Exemptions for Fat and Saturated Fat Not Allowed for Ingredients

- Cheese crackers
- Cheese sauce
- Cranberry walnut muffin
- Granola bars with nuts
- Peanut butter cookies
- Peanut butter crackers
- Pecan cookies
- Sesame seed crackers
- Trail mix with dried fruit and nuts



Nutrients per Serving: Sodium

Standard per serving ¹

- All foods except entrees: ≤ 200 milligrams
- Entrees: ≤ 480 milligrams

¹ Includes added accompaniments

Nutrients per Serving: Sugars

Standards per serving ¹

- ≤ 35 percent of total sugars by weight
- ≤ 15 grams of total sugars ²
- No nonnutritive sweeteners or sugar alcohols

¹ Includes added accompaniments

² The grams limit standard does not apply to the fruits and vegetables category

Nutrients per Serving: Sugars

Snacks category: **Smoothies**

Standards per serving ¹

- ≤ 4 grams of total sugars per ounce
- No nonnutritive sweeteners or sugar alcohols
- Portion size limit
 - Elementary: ≤ 8 fluid ounces
 - Middle and high: ≤ 12 fluid ounces



¹ Includes added accompaniments

Nutrients per Serving: Sugars

Snacks category: Yogurt and pudding

Standards per serving ¹

- ≤ 4 grams of total sugars per ounce
- No nonnutritive sweeteners or sugar alcohols



¹ Includes added accompaniments

Sugar Exemptions

- Products consisting of only dried fruit with nuts and/or seeds with no added sweeteners or fats
- Frozen desserts containing only 100 percent juice and/or fruit and no added sweeteners



Sugar Exemptions

- Dried whole fruits or vegetables *
- Dried whole fruit or vegetable pieces *
- Dehydrated fruits or vegetables *

* No added sweeteners or fats



Sugar Exemptions

- *Fresh and frozen fruits and vegetables:*
No added ingredients except water
- *Canned fruits:* No added ingredients except water **OR** packed in 100 percent juice, extra light syrup, or light syrup
 - No nonnutritive sweeteners, sugar alcohols, or added fat
- *Low sodium or no salt added canned vegetables:* No added fat, nonnutritive sweeteners, or sugar alcohols



Prohibited Ingredients

- 1. Nonnutritive sweeteners and sugar alcohols**
- 2. Chemically altered fat substitutes**
- 3. Caffeine**
- 4. Significant fortification (except naturally nutrient-rich foods based on documented health needs)**
- 5. Nutrition supplements**

Prohibited Ingredients

**No
nonnutritive
sweeteners
or sugar
alcohols**

- **Nonnutritive sweeteners do not contain calories**

Nonnutritive Sweeteners Include

Artificial, e.g.,
aspartame,
acesulfame
potassium, and
sucralose

Plant-based
e.g., stevia,
monk fruit,
and thaumatin

- **Sugar alcohols are low in calories, e.g., sorbitol, mannitol, maltitol, and erythritol**

Examples of Foods with Nonnutritive Sweeteners

Dannon Light & Fit Greek Yogurt

Ingredients: Cultured grade A non fat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, **SUCRALOSE**, potassium sorbate (to maintain freshness), malic acid, **ACESULFAME POTASSIUM**



Sucralose and acesulfame potassium (artificial sweeteners)

Examples of Foods with Nonnutritive Sweeteners

Quaker Chewy Chocolate Chip Granola Bar

Ingredients: Granola (whole-grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole-grain rolled wheat, soybean oil, dried coconut, whole-wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole-grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. contains 2% or less of **SORBITOL**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, BHT (preservative), citric acid



Sorbitol (sugar alcohol)

Examples of Foods with Nonnutritive Sweeteners

Thomas' 100% Whole-wheat English Muffin

Ingredients: Whole-wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, **SUCRALOSE**, soy lecithin, soy, whey (milk)



Sucralose (artificial sweetener)

Prohibited Ingredients

No Chemically Altered Fat Substitutes

Chemically altered fat substitutes = compounds made by chemically manipulating food products to mimic fat's texture and flavor while providing fewer calories and less metabolizable fat

- Olestra (Olean[®])
- Microparticulated whey protein concentrate (Simplese[®])

Prohibited Ingredients

**No
Chemically
Altered Fat
Substitutes**

- CNS advocates whole or minimally processed foods naturally low in fat
- Research has not addressed safety for children
- Can have negative side effects, e.g., abdominal cramping, diarrhea, allergic reactions
- Not currently seen in school snack foods but maintaining standard prevents future use

Prohibited Ingredients

No Caffeine

- Exceptions for foods with trace amounts of naturally occurring caffeine-related substances
 - Chocolate chip cookies
 - Coffee yogurt

Prohibited Ingredients

**No
Significant
fortification**

Fortification = Adding
nutrients to a food or
beverage including

- nutrients not originally present **OR**
- nutrients at higher levels than originally present

Prohibited Ingredients

**No
Significant
fortification**

Allowed	Not Allowed
<p>Significantly fortifying <i>naturally nutrient-rich foods</i> at levels based on scientifically documented health needs</p> <ul style="list-style-type: none">• Breakfast cereals fortified with iron• Grain products fortified with folic acid	<p>Significantly fortifying foods that are <i>not naturally nutrient-rich</i></p>

Prohibited Ingredients

No Nutrition Supplements

Examples

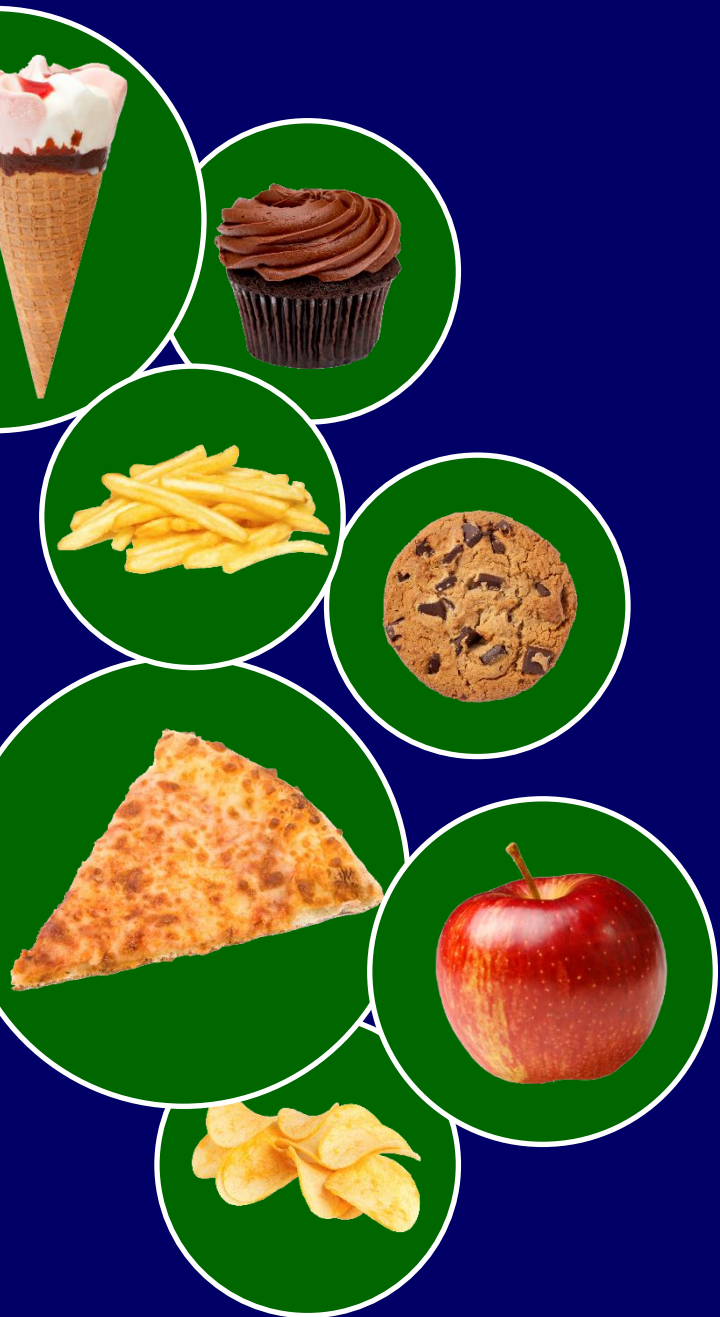
- **Amino acids**, e.g., taurine, glutamine, lysine, and arginine
- **Extracts**, e.g., green tea extract and gotu kola extract
- **Herbs or other botanicals**, e.g., ginseng and ginkgo biloba

Prohibited Ingredients

No Nutrition Supplements

- Efficacy and safety for consumption by children is not well known
- Some may have harmful side effects

Evaluating Commercial Foods



Commercial Foods Include

All foods purchased from vendors

- *Ready-to-eat foods*, e.g., ice cream, chips, crackers, cookies, and muffins
- *Prepared foods heated or baked by food service operation*, e.g., canned soup, chicken nuggets, and frozen cookie dough



Commercial Foods Include

All foods purchased from vendors

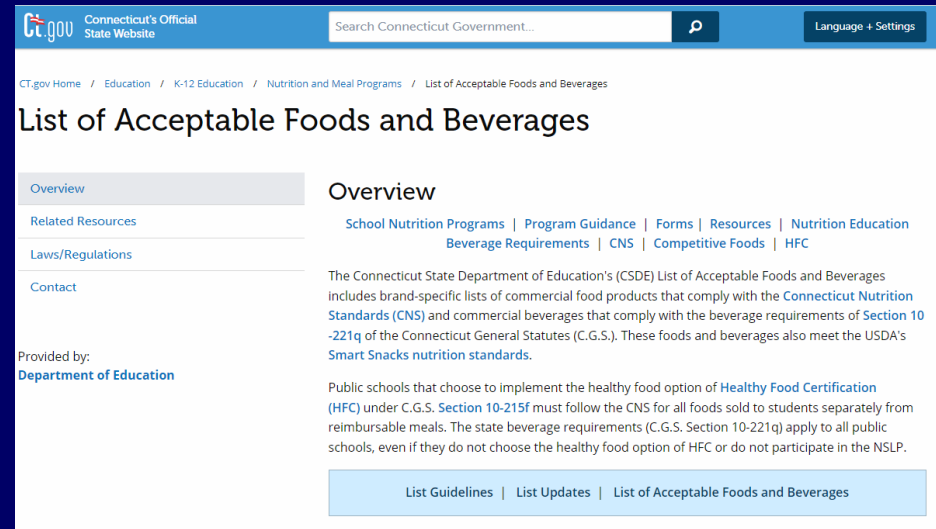
- *Foods intended for consumption at home*, e.g., frozen cookie dough and frozen pies
- *Foods in bulk quantities*, e.g., boxes of candy bars and cookies



List of Acceptable Foods and Beverages Webpage

Brand-specific lists of commercial products

- foods that comply with CNS
- beverages that comply with state beverage statute and USDA's Smart Snacks



<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

Avoiding Compliance Issues

1. *Verify that products comply* with CNS before selling to students *

- Use CSDE's List of Acceptable Foods and Beverage webpage
- For products not listed, submit to CSDE for approval *before* selling
- May screen products for compliance using CNS worksheets (submit to CSDE)

Avoiding Compliance Issues

2. Before evaluating the serving for CNS compliance, add the nutrition information for any accompaniments to the nutrition information for the food



Refer to “Standards Apply to Serving with Accompaniments” in this presentation

Avoiding Compliance Issues

3. *Check vendor assurances* of product compliance before purchasing
 - If vendor indicates product complies with CNS, verify using CSDE webpage
4. *Check deliveries* against product orders
5. *Train food service staff* to monitor foods in vending machines stocked by an outside vendor

CSDE Resource

CNS Worksheets for Evaluating Foods

The screenshot shows the Connecticut State Department of Education's website for the Connecticut Nutrition Standards. The page has a blue header with the CT.gov logo, a search bar, and a language settings button. The breadcrumb trail reads: CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To. The main heading is "Connecticut Nutrition Standards". On the left, a sidebar menu includes "Overview", "How To" (highlighted), "Related Resources", "Laws/Regulations", and "Contact". The main content area is titled "How To Evaluate Foods for CNS Compliance". It contains a paragraph about public schools following the CNS for food sales, a "Note" about food evaluation, and a footer with three tabs: "Commercially Prepared Foods", "Foods Made from Scratch", and "CNS Worksheets" (which is highlighted with a red box and pointed to by a red arrow). A green-bordered callout box on the right, titled "CNS Worksheets", lists ten worksheets for evaluating various food items for CNS compliance.

Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To

Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:
Department of Education

How To Evaluate Foods for CNS Compliance

Public schools that choose the healthy food option of HFC under [Section 10-207](#) of the General Statutes must follow the [CNS](#) for all foods sold to students separate from school meals. The CNS applies to all sources of food sales on school premises including cafeteria a la carte sales, school stores, vending machines, fundraisers, canteens, and other sources of food sales. Schools must determine that food items comply with the CNS before selling them to students. For information on the requirements for fundraisers, see the [Food and Beverage Requirements for Fundraisers](#).

Note: The evaluation of a food for compliance with the CNS is based on the food as served, including any **added accompaniments** such as butter, cream cheese, syrup, salad dressing. For example, if a bagel is served with cream cheese, the nutrition information for the serving must include the combined amount of nutrients for both foods. Other examples include: french fries with dressing; vegetables, rice, or pasta with added fat (e.g., oil, butter, or margarine); soup with grated cheese; chicken nuggets with dipping sauce; mashed potatoes with gravy; french fries with ketchup; egg rolls with duck sauce; and pancakes with syrup. The nutrition information for an accompaniment can be determined using the **average portion** served with the food. Documentation of this information must be maintained on file.

Commercially Prepared Foods | Foods Made from Scratch | **CNS Worksheets**

CNS Worksheets

These worksheets evaluate foods and recipes for CNS compliance.

- [Worksheet 1: Snacks](#) (CSDE)
- [Worksheet 2: Yogurt and Pudding](#) (CSDE)
- [Worksheet 3: Smoothies](#) (CSDE)
- [Worksheet 4: Fruits and Vegetables](#) (CSDE)
- [Worksheet 5: Soups](#) (CSDE)
- [Worksheet 6: Cooked Grains](#) (CSDE)
- [Worksheet 7: Entrees](#) (CSDE)
- [Worksheet 8: Non-entree Combination Foods](#) (CSDE)
- [Worksheet 9: Nutrient Analysis of Recipes](#) (CSDE)
- [Worksheet 10: Evaluating Recipes for Sugars](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets>

Submitting Food and Beverage Products for Approval

Indicates required information to submit food and beverage products to CSDE for review of compliance with CNS and state beverage statute

Submitting Food and Beverage Products for Approval: Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes commercial food products that meet the [Connecticut Nutrition Standards](#) and commercial beverage products that meet the [state beverage requirements](#) of Section 10-221q of the Connecticut General Statutes and the beverage requirements of the U.S. Department of Agriculture's (USDA) [Smart Snacks nutrition standards](#). The CSDE reviews foods and beverages for compliance with these state and federal nutrition standards.

To submit a commercial food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package, or a product specification sheet. The CSDE prefers that the submission includes the **actual product packaging** because it contains the most complete and accurate information.

The product submission must include the following:

1. **Name of manufacturer**, exactly as it appears on the product label.
2. **Name of product**, exactly as it appears on the product label.
3. **Flavor or variety** of product, exactly as it appears on the product label.
4. **Nutrition Facts label**, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium, and fiber.
5. **List of ingredients**, which **must be in a format that can be electronically copied**. Please check the PDF before submitting to ensure that the text can be copied.
6. **Actual package size**, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both **volume** (fluid ounces) and **weight** (ounces or grams) of one serving of the product.
7. **UPC code** for the **individual package** (12-digit code, i.e., 0-00000-00000-0) and **case** (14-digit code, i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.

Connecticut State Department of Education • Revised January 2022 • Page 1 of 3

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf

CSDE Resource

How to Evaluate Purchased Foods for Compliance with the CNS

Overview of requirements and resources for evaluating purchased foods

How to Evaluate Purchased Foods for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards](#) (CNS). The Connecticut State Department of Education's (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes brand-specific lists of commercially prepared food products that comply with the CNS and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards. HFC schools must use this list to determine which commercial foods and beverages may be sold to students.

Reviewing Products

Before purchasing a commercial product that will be sold to students, check that the product is listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage. CSDE approval of products is specific to the brand and variety of the food or beverage. To ensure compliance with the CNS and state beverage statute, schools must check that the commercial product matches the **specific information** on the CSDE's list, including the manufacturer name, product name, variety/ flavor, serving size, case pack, UPC or product code, and nutrition information per serving.

If a commercial product is not included on the CSDE's List of Acceptable Foods and Beverages webpage, schools must determine that the product complies with the CNS (foods) or state and federal beverage requirements (beverages) **before** it is sold to students.

Submitting Products

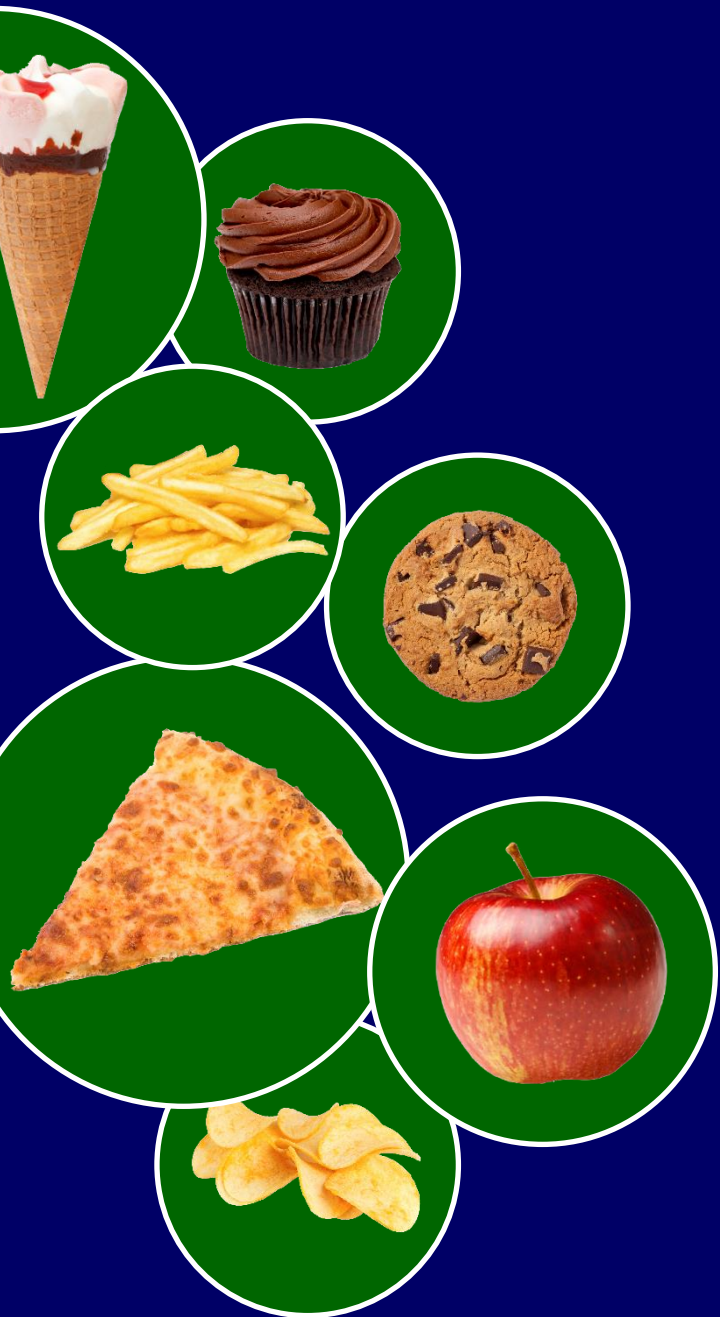
For commercial products not listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, submit the product information to the CSDE for review. The CSDE's resource, [Submitting Food and Beverage Products for Approval](#), summarizes the information required to submit a commercial product to the CSDE. Please submit all product information by e-mail to susan.fiore@ct.gov.



Connecticut State Department of Education • Revised January 2022 • Page 1 of 7

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Purchased_Foods_CNS.pdf

Evaluating Foods Made from Scratch



Foods Made from Scratch Include

1. Foods *prepared using a recipe*, such as entrees, soups, baked goods, cooked grains (pasta and rice), vegetables, and salad
2. Foods with *ingredients added* after purchasing



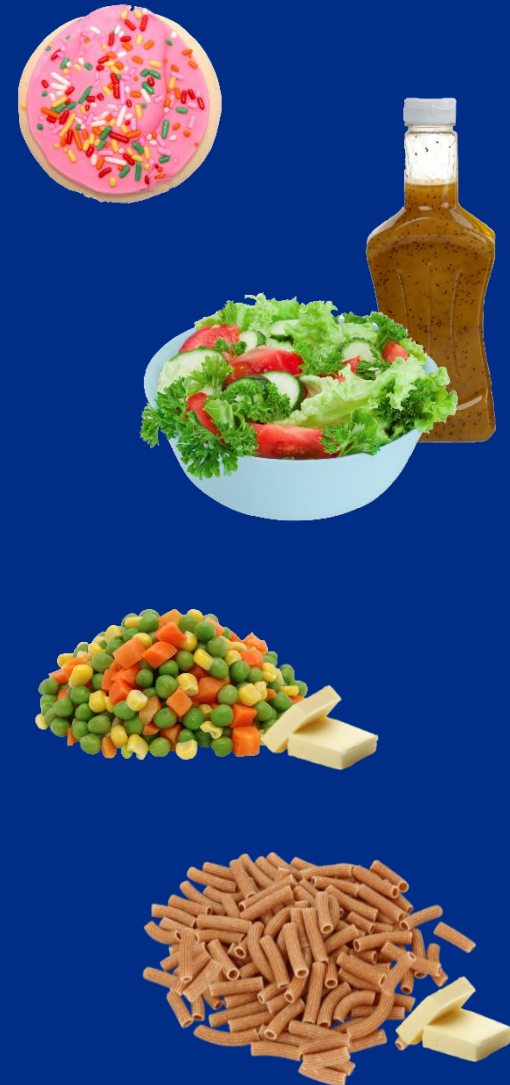
Examples of Foods with Added Ingredients

- Assembling a sandwich
- Making soup from scratch
- Making commercial tomato soup with milk instead of water
- Popping popcorn kernels with oil and adding salt
- Making cookies or muffins from a mix and adding butter and eggs



Examples of Foods with Added Ingredients

- Adding sprinkles to purchased frozen cookie dough
- Making salads with dressing
- Cooking vegetables with oil, margarine, or butter
- Cooking pasta or rice with oil, margarine, or butter



Avoiding Compliance Issues with Recipes

1. Check the recipe's nutrition information per serving to be sure it *lists all nutrients*

- Calories
- Total fat
- Saturated fat
- Trans fat
- Sodium
- Total sugars

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet10_Evaluate_Recipes_Sugars.xlsx

Avoiding Compliance Issues with Recipes

2. If any nutrients are missing, obtain nutrition information from other sources *before* evaluating recipe for CNS compliance
 - For missing sugars, use CNS worksheet 10

Refer to “Resources for Nutrition Information” in this presentation

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet10_Evaluate_Recipes_Sugars.xlsx

Example of Recipe with Missing Nutrients

Mediterranean Quinoa Salad


Meal Components: Other Vegetable-Grains

Grains B-25r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ½ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich standard.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving

Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g	(24.27 RAE)		Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		

Missing trans
fat and sugars



<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

Avoiding Compliance Issues with Recipes

3. Verify that the serving (including any accompaniments) complies with CNS *before* selling the food to students
 - Use the appropriate CSDE CNS Excel worksheet

Refer to “Standards Apply to Serving with Accompaniments” in this presentation

Using CNS Worksheets for Recipes

- CNS Worksheet 1: *Snacks*, e.g., cookies, muffins, pancakes, breads, and popcorn
- CNS Worksheet 3: *Smoothies* made from fruits/vegetables/yogurt
- Worksheet 4: *Fruits and vegetables* prepared with added ingredients
- CNS Worksheet 5: *Soup*
- CNS Worksheet 6: *Cooked grains*, e.g., rice, pasta, and barley
- CNS Worksheet 7: *Entrees*, e.g., breakfast sandwiches, pizza, yogurt-fruit parfait, and chicken vegetable stir-fry
- CNS worksheet 8: *Non-entree combination foods*, e.g., vegetable egg rolls

CSDE Resource

How to Evaluate Foods Made from Scratch for Compliance with the CNS

Overview of requirements and resources for evaluating foods made from scratch

How to Evaluate Foods Made from Scratch for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards](#) (CNS). Before selling any foods made from scratch to students, schools must document that the recipe's serving complies with the CNS.

Foods that Require Standardized Recipes

Schools must have standardized recipes on file that indicate the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. Recipes with nutrition information are required for the two categories of foods below.

- **Foods prepared from scratch using a recipe:** Examples include entrees sold only a la carte (such as pizza, chef's salad, and chicken nuggets); soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.
- **Foods that have additional ingredients added after purchasing:** Examples include popping popcorn kernels in oil; assembling a sandwich; making muffins from a mix and adding butter and eggs; adding sprinkles to commercial frozen cookie dough; making salads with dressing; and cooking vegetables, rice, and pasta with oil, margarine, or butter. Schools must create a recipe for these foods based on the specific amount of each ingredient, and then conduct a nutrient analysis to determine the nutrition information per serving.



If the nutrition information per serving is missing, schools must conduct a nutrient analysis of the recipe.

The Connecticut State Department of Education's (CSDE) resource, [Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards](#), summarizes the requirements and steps for conducting a nutrient analysis of recipes.

Connecticut State Department of Education • Revised February 2021 • Page 1 of 7

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Scratch_Foods_CNS_Compliance.pdf

How to Conduct a Nutrient Analysis

1. Determine the nutrition information for *each ingredient* in the recipe



Resources for Nutrient Information

- Nutrient analysis software programs
- Nutrition Facts labels for recipe ingredients
- USDA FoodData Central Nutrient Database
- More resources: “Nutrient Analysis” in CSDE’s *Resource List for Menu Planning and Food Production*

<https://fdc.nal.usda.gov/>

https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

How to Conduct a Nutrient Analysis

2. Determine the nutrition information any accompaniments served with the food

Refer to “Standards Apply to Serving with Accompaniments” in this presentation



How to Conduct a Nutrient Analysis

3. Determine recipe's nutrition information *per serving*

- Use CSDE's Excel Worksheet 9: Nutrient Analysis of Recipes



https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet9_Nutrent_Analysis_Recipes.xlsx

How to Conduct a Nutrient Analysis

4. Determine if the recipe's serving complies with CNS

- Enter nutrition information for *recipe's serving* and *accompaniments* into appropriate CNS worksheet



CSDE Resource

Guidance on Evaluating Recipes for Compliance with the CNS

Steps and resources for conducting a nutrient analysis of recipes

Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards

Districts that choose the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS) for all foods sold to students on school premises, separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The CNS applies to all sources of food sales to students, including commercial products and recipes for foods made from scratch. Examples of sources of food sales include a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales, fundraisers, afterschool programs, and any other sales of foods to students.

This document addresses the requirements and steps to determine if recipes comply with the CNS. For information on HFC, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#), [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#), and [Guide to Competitive Foods in HFC Public Schools](#); and visit the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, review the CSDE's resource, [Summary of Connecticut Nutrition Standards](#), and visit the CSDE's [CNS](#) webpage.

How to Determine if Recipes Comply with the CNS

Before selling any foods made from recipes to students, schools must document that the recipe's serving complies with the CNS. A recipe does not comply with the CNS unless it meets each nutrition standard for the appropriate CNS food category. Schools must have standardized recipes on file indicating the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. If the recipe is missing this information, schools must conduct a nutrient analysis of the recipe. To document CNS compliance, schools must have standardized recipes with nutrition information for the two categories of foods below.

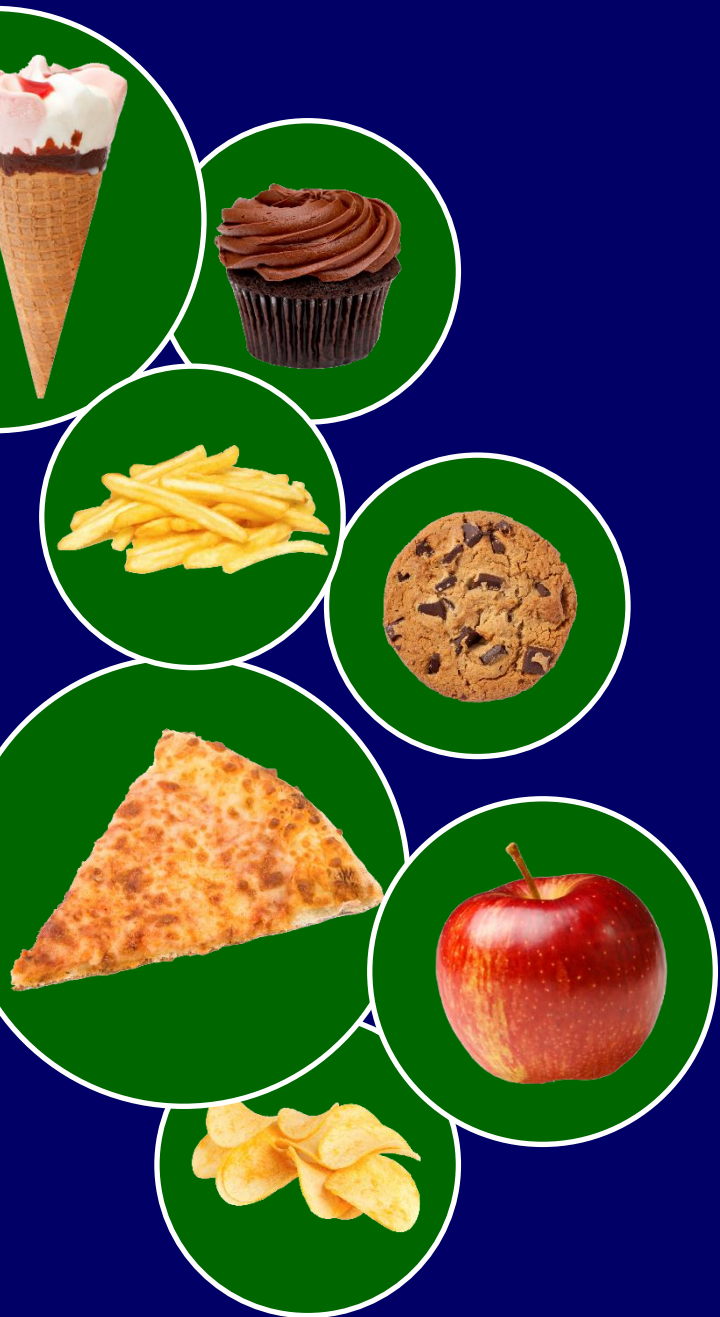
Foods prepared from scratch using a standardized recipe

Examples of foods in this category include entrees sold only a la carte (i.e., not as part of reimbursable meals), e.g., pizza, chef's salad, and chicken nuggets; soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.

Nutrition information is not required for entrees that sold a la carte during the same meal service on the same day that they are planned and served as part of reimbursable school meals. These entrees are exempt from the CNS and may be sold a la carte during the meal service if they are the same or smaller portion size as the NSLP and SBP, have the same accompaniments, meet the trans fat

Connecticut State Department of Education • Revised February 2021 • Page 1 of 8

More Resources: HFC and CNS



Healthy Food Certification Webpage

- HFC participation (list of schools and state HFC map)
- HFC application
- HFC documentation
- HFC forms
- HFC resources

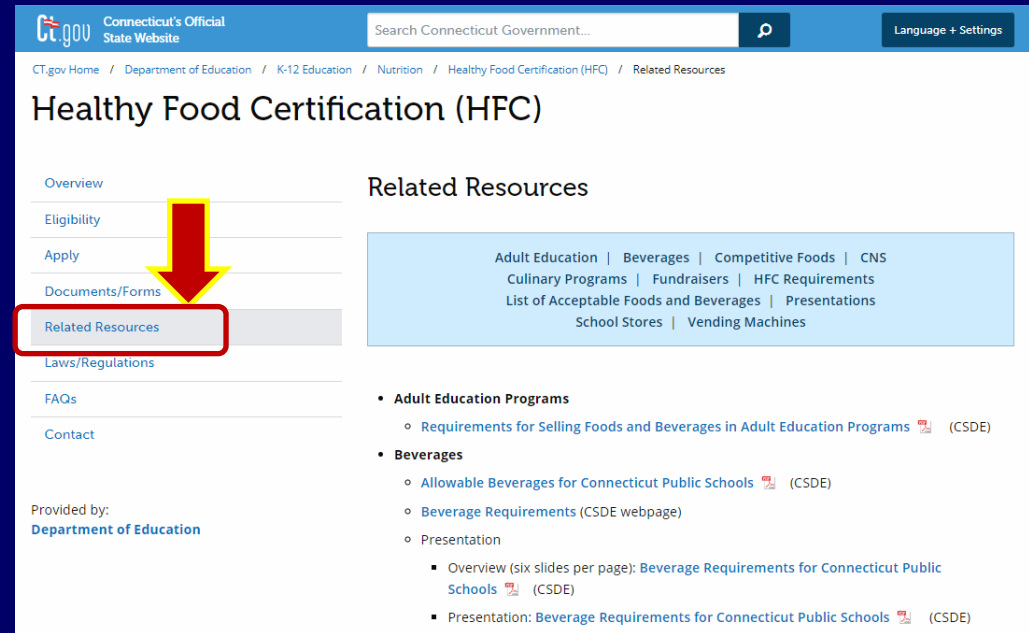
The screenshot shows the official Connecticut State Website for Healthy Food Certification (HFC). The header includes the CT.gov logo, the text "Connecticut's Official State Website", a search bar, and a "Language + Settings" button. The breadcrumb trail reads: "CT.gov Home / Department of Education / K-12 Education / Nutrition / Healthy Food Certification (HFC)". The main heading is "Healthy Food Certification (HFC)". A left sidebar contains a menu with links: Overview (selected), Eligibility, Apply, Documents/Forms, Related Resources, Laws/Regulations, FAQs, and Contact. The main content area starts with an "Overview" section, followed by a list of links: School Nutrition Programs, Program Guidance, Forms, Resources, Nutrition Education, Beverage Requirements, Competitive Foods, CNS, and List of Acceptable Foods and Beverages. The text explains that HFC under Section 10-215f of the Connecticut General Statutes requires each board of education or governing authority for all public schools participating in the National School Lunch Program (NSLP) to certify annually to the Connecticut State Department of Education (CSDE) whether the district will follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable school meals. It also states that the CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises. Districts that choose the healthy food option of HFC receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the prior school year. Below this is an "HFC Overview" section with a bulleted list of resources: HFC Overview: Requirements for Competitive Foods in HFC Public Schools (CSDE), HFC Guide: Guide to Competitive Foods in HFC Public Schools (CSDE), Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools (CSDE), Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools (CSDE), and Summary of Connecticut Nutrition Standards (CSDE).

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

Healthy Food Certification Webpage

Related Resources Section

- Adult education programs
- Beverages
- Competitive foods
- Culinary programs
- Fundraisers
- HFC requirements
- School stores
- Vending machines



<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Related-Resources>

Guide to Competitive Foods in HFC Public Schools

Comprehensive guidance on complying with federal and state requirements for selling and giving competitive foods to students in HFC public schools

Requirements for Competitive Foods in HFC Public Schools

Summarizes federal and state requirements for selling and giving competitive foods to students in HFC public schools

Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).

Connecticut public schools include all local and regional school districts, the regional educational service centers, the Connecticut Technical Education and Career System (CTECS), charter schools, interdistrict magnet schools, and endowed academies.

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, refer to the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC](#) webpage.



Competitive foods include all foods and beverages available for sale to students on school premises separately from reimbursable meals served through the USDA's Child Nutrition Programs (CNP). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

Overview of Federal and State Requirements

All foods available for sale to students separately from reimbursable meals must comply with the [Connecticut Nutrition Standards](#) (CNS). The CNS also applies to foods served in the Afterschool Snack Program (ASP).

All beverages available for sale to students on school premises, as part of and separately from reimbursable meals and ASP snacks, must comply with the state beverage statute ([C.G.S. Section 10-221g](#)). Beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)).

Complying with Healthy Food Certification

Presentation that
reviews the beverage
requirements and
exemption criteria for
public schools



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/
Complying_Healthy_Food_Certification_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Complying_Healthy_Food_Certification_Presentation.pdf)

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

Summarizes federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, refer to the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC webpage](#).

Overview of Federal and State Requirements

All foods available for sale to students from vending machines on school premises must comply with the [Connecticut Nutrition Standards \(CNS\)](#). All beverages available for sale to students from vending machines on school premises must comply with the state beverage statute (C.G.S. Section 10-221q). In addition, all beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks **beverage** standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, refer to the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

Requirements for Foods and Beverages in School Stores in HFC Public Schools

Summarizes federal and state requirements for selling and giving foods and beverages to students from school stores on school premises

Requirements for Foods and Beverages in School Stores in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores, kiosks, and other school-based enterprises on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, refer to the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's HFC webpage.

Overview of Federal and State Requirements

All foods available for sale to students from school stores on school premises must comply with the *Connecticut Nutrition Standards* (CNS). All beverages available for sale to students from school stores on school premises must comply with the state beverage statute (C.G.S. Section 10-221q). Beverages available for sale to students on school premises during the school day must also comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks **beverage** standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, refer to the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

Requirements for Food and Beverage Fundraisers in HFC Public Schools

Summarizes the federal and state requirements for selling foods and beverages to students from fundraisers on school premises

Requirements for Food and Beverage Fundraisers in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from fundraisers in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, refer to the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For information on HFC, visit the CSDE's HFC webpage.



Fundraisers are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.

Examples of food and beverage fundraisers include sales of commercial products, such as potato chips and other snack foods, candy bars, cookies, muffins, frozen cookie dough, pies, water, and soft drinks; and sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, smoothies, coffee, and hot chocolate.



The CSDE strongly encourages schools to promote consistent health messages to students by selling healthy foods or conducting nonfood fundraisers. The CSDE's resource, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.

CSDE Resource

Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

Summarizes federal and state requirements for selling and giving foods and beverages to students from culinary programs on school premises

Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from culinary programs in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, refer to the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC webpage](#).



Overview of Federal and State Requirements

All foods available for sale to students from culinary programs on school premises must comply with the [Connecticut Nutrition Standards \(CNS\)](#). All beverages available for sale to students from culinary programs on school premises must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). Beverages available for sale to students on school premises during the school day must also comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)).

Only the Smart Snacks **beverage** standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, refer to the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

Connecticut State Department of Education • Revised January 2022 • Page 1 of 16

HFC Fundraiser Requirements

Presentation that
reviews the
Requirements for
and includes a
quiz to test your
Knowledge

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/
Fundraiser_Requirements_HFC_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser_Requirements_HFC_Presentation.pdf)

CSDE Resource

Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

Links to resources about the federal and state requirements for selling and giving competitive foods to students

Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

This document includes webpages and resources to assist schools with implementing the federal and state requirements for competitive foods in schools. These resources are from the Connecticut State Department of Education (CSDE), U.S. Department of Agriculture (USDA), and other organizations related to school nutrition. "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's [Child Nutrition Programs](#) (CNP). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages (i.e., candy, tea, coffee, and soft drinks) that are given to students while CNPs are operating.

Federal and State Requirements

The federal and state requirements include:

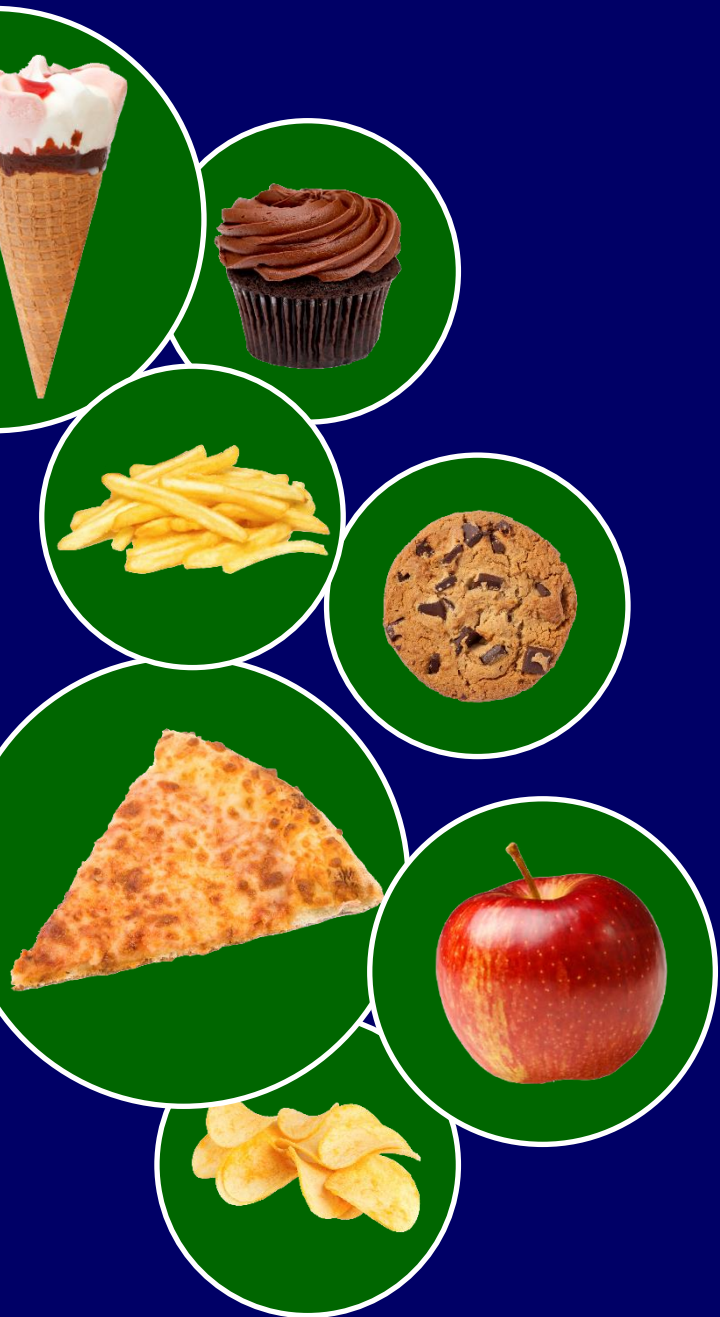
- Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. [Section 10-215e](#);
- USDA's Smart Snacks nutrition standards for competitive foods (81 FR 50131);
- Connecticut's beverage statute for public schools (C.G.S. [Section 10-221q](#));
- Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (C.G.S. [Section 10-221p](#));
- Connecticut's competitive foods regulations ([Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies](#));
- USDA's School Wellness Policy ([Section 4 of Public Law 108-265](#) and the [Healthy, Hunger-Free Kids Act of 2010](#));
- USDA's regulation for revenue from nonprogram foods (7 CFR 210.14 (f)); and
- USDA's policies and guidance for competitive foods ([USDA policy memos for the NSLP and SBP](#)).

These laws determine what and when foods and beverages may be sold or given to students. They also regulate the accrual of income from sales of competitive foods. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the USDA's CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of these requirements, review the CSDE's resource, [Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions](#).

Connecticut State Department of Education • Revised February 2022 • Page 1 of 16

https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources_Federal_State_Requirements_Competitive_Foods.pdf

More Resources: Federal and State Requirements



Allowable Beverages for Connecticut Public Schools

Summarizes federal and
state requirements for
beverages in public schools
and provides examples of
allowable and unallowable
beverages

Allowable Beverages in Connecticut Public Schools

This document summarizes the federal and state requirements for selling and giving beverages to students in Connecticut public schools. Connecticut public schools include all local and regional school districts, the regional educational service centers, the Connecticut Technical Education and Career System (CTECS), charter schools, interdistrict magnet schools, and endowed academies. The beverage requirements are governed by three laws:

- the state beverage statute ([Section 10-221q](#) of the Connecticut General Statutes (C.G.S.));
- the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards ([final Rule 81 FR 50131: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010](#)); and
- the state competitive foods regulations ([Section 10-215b-1](#) and [Section 10-215b-23](#) of the Regulations of Connecticut State Agencies).

The state beverage statute and USDA's Smart Snacks require that beverages available for sale to students on school premises must meet specific nutrition standards. The state competitive foods regulations require additional restrictions while any Child Nutrition Programs (CNPs) are operating, including restrictions for selling and giving certain foods and beverages to students; and the accrual of income from all foods and beverages sold to students on school premises.



- "Sales" means the exchange of a determined amount of money or its equivalent (such as tickets, coupons, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include tickets and similar items that are given to students (such as food rewards) and can be exchanged for foods and beverages. However, Smart Snacks does not apply to foods and beverages that can be obtained with tickets and similar items that are given to students.
- "Giving" means that foods and beverages are provided free of any charge, contribution, or suggested donations; and without the exchange of tickets, coupons, tokens, and similar items to obtain foods and beverages.
- "School premises" include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system (Connecticut Technical Education and Career System (CTECS)), or the governing authority district or school.

The federal and state beverage laws have different requirements. When federal and state requirements differ, the stricter requirements apply. The beverage requirements in this document include the stricter provisions of each law.

Beverage Requirements for Connecticut Public Schools

Presentation that
reviews the beverage
requirements and
exemption criteria for
public schools



https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Beverage_Requirements_Connecticut_Public_Schools_Presentation.pdf

CSDE Resource

Beverage Requirements Webpage

The screenshot shows the official website of the Connecticut State Department of Education (CSDE). The header includes the CT.gov logo, the text "Connecticut's Official State Website", a search bar, and a "Language + Settings" button. The breadcrumb trail reads "CT.gov Home / Department of Education / Beverage Requirements". The main heading is "Beverage Requirements". On the left, a sidebar menu lists "Overview" (selected), "Documents/Forms", "Laws/Regulations", and "Contact". Below the menu, it states "Provided by: Department of Education". The main content area is titled "Overview" and includes a sub-header "HFC | Competitive Foods | CNS | List of Acceptable Foods and Beverages". The text explains that Section 10-221q of the Connecticut General Statutes (C.G.S.) governs beverages sold to students in public schools. It details the application of USDA's Smart Snacks nutrition standards to school meals and separately sold beverages. It also mentions that public schools must comply with Smart Snacks and the stricter provisions of Connecticut's beverage statute, while private schools and institutions participating in USDA's school nutrition programs must comply with state competitive foods regulations (Sections 10-215b-1 and 10-215b-23). At the bottom, a light blue box contains links for "Beverage Requirements for Public Schools | Prohibited Beverages" and "Beverage Requirements for Private Schools and RCCIs".

CT.gov Connecticut's Official State Website Search Connecticut Government... Language + Settings

CT.gov Home / Department of Education / Beverage Requirements

Beverage Requirements

- Overview
- Documents/Forms
- Laws/Regulations
- Contact

Provided by:
Department of Education

Overview

[HFC](#) | [Competitive Foods](#) | [CNS](#) | [List of Acceptable Foods and Beverages](#)

Section 10-221q of the Connecticut General Statutes (C.G.S.) governs beverages sold to students in public schools. It applies to beverages sold as part of school meals and separately from school meals anywhere on school premises at all times, such as cafeteria sales, school stores, vending machines, fundraisers, and any other locations where beverages are sold.

The U.S. Department of Agriculture's (USDA) [Smart Snacks](#) nutrition standards apply to beverages sold to students separately from school meals during the school day on school premises, such as cafeteria a la carte sales, school stores, vending machines, fundraisers, and any other locations where beverages are sold. It applies to public schools, private schools, and residential child care institutions (RCCIs) that participate in the USDA's school nutrition programs, e.g., [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), [Afterschool Snack Program \(ASP\)](#), and [Special Milk Program \(SMP\)](#).

Public schools must comply with Smart Snacks and the stricter provisions of Connecticut's beverage statute. All schools (public and private) and institutions that participate in the USDA's school nutrition programs must also comply with the state [competitive foods regulations](#) (Sections 10-215b-1 and 10-215b-23).

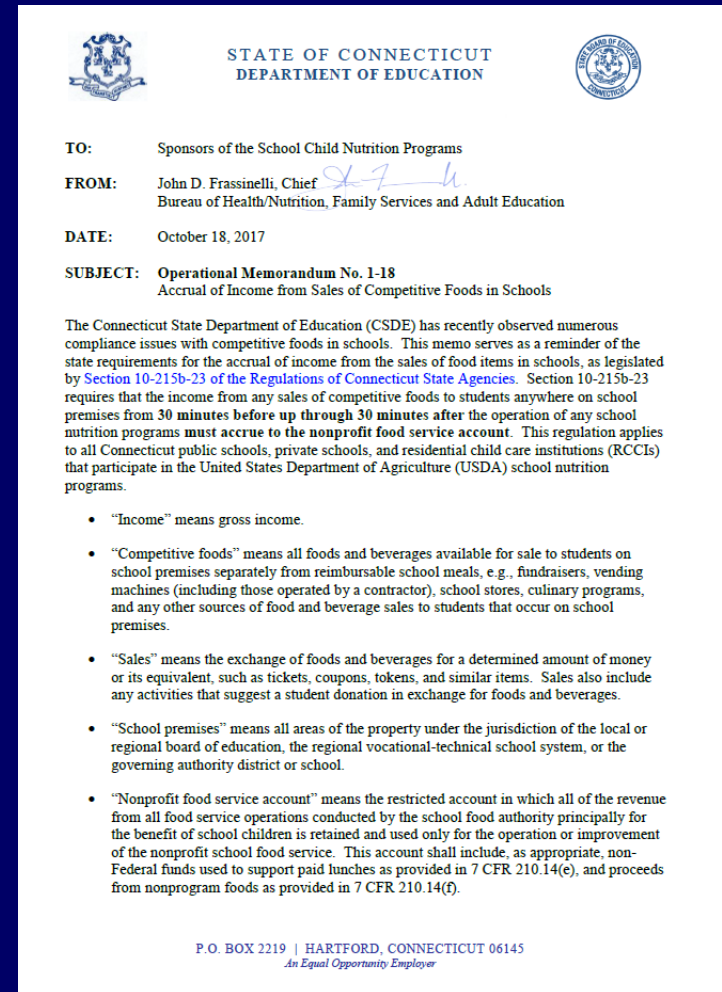
[Beverage Requirements for Public Schools](#) | [Prohibited Beverages](#)
[Beverage Requirements for Private Schools and RCCIs](#)

<http://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

CSDE Resource

CSDE Operational Memorandum No. 1-18: Accrual of Income from Sales of Competitive Foods in Schools

Summarizes how Section 10-215b-23 of the Regulations of Connecticut State apply



<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/OM01-18.pdf>

Overview of Connecticut's Competitive Foods Regulations

How to comply with Sections 10-215b-1 (competitive foods) and 10-215b-23 (accrual of income) of the Regulations of Connecticut State Agencies

Overview of Connecticut's Competitive Foods Regulations

This guidance applies to schools and institutions that participate in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs), including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools, and Summer Food Service Program (SFS) operated in schools.

Note: Residential child care institutions (RCCIs) may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation. RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.



Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies address restrictions for sale and dispensing competitive foods to students on school premises and the accrual of income from competitive foods.

- “Competitive foods” are all foods and beverages available for sale to students on school premises separately from reimbursable meals and snacks in the CNPs.
 - The USDA's Smart Snacks nutrition standards address sales of competitive foods during the school day, which is the period from the midnight before to 30 minutes after the end of the official school day.
 - The state competitive foods regulations address sales of competitive foods from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. They also restrict giving certain foods and beverages to students during this time.
 - The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) (C.G.S. Section 10-215f) and allowable beverages (C.G.S. Section 10-221q) address sales of competitive foods at all times, except for sales that meet specific exemption criteria (refer to “Food exemptions for HFC public schools” and “Beverage exemptions for HFC public schools” in this document).
- “Sales” means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages.

Connecticut State Department of Education • Revised January 2022 • Page 1 of 14

https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_CT_Competitive_Foods_Regulations.pdf

CSDE Resource

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

Summarizes federal and state laws for selling and giving competitive foods to students in HFC public schools and how they apply to different sources of food and beverage sales

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools							
Table 2. Does the regulation or statute apply?							
Source of foods and beverages	Nutrition Standards				Sales to Students		
	CNS and HFC (C.G.S. Sections 10-215e and 10-215f)	Beverages (C.G.S. Section 10-221q)	USDA Smart Snacks food standards (81 FR 50131)	USDA Smart Snacks beverage standards (81 FR 50131)	Nutritious and low-fat foods (C.G.S. Section 10-221p)	Candy, coffee, tea, and soft drinks (Section 10-215b-1)	Accrual of income (Section 10-215b-23)
S16: Fundraisers during the school day (conducted by school groups or non-school groups) that sell foods and beverages to students on school premises (including orders), sell tickets that can be exchanged for foods and beverages, or request a suggested donation in exchange for foods and beverages. ^{1,2}	Yes, applies at all times ³	Yes, applies at all times ^{3,4}	Not applicable: Superseded by the stricter requirements of the CNS and HFC.	Yes, applies to all beverages sold to students on school premises during the school day. ⁴ For example, if school ends at 3:00 p.m., Smart Snacks applies to all beverages sold to students through 3:30 p.m.	Yes, applies to all foods sold to students on school premises during the school day. Low-fat dairy products and fresh or dried fruit must be sold at the location of the fundraiser or elsewhere on school premises at the same time. If fundraiser foods are pre-ordered and distributed to students on school premises during the school day, the nutritious low-fat foods specified in the statute must be available for purchase when students pick up the fundraiser foods.	Yes, but superseded by the stricter requirements of the CNS, HFC, and state beverage statute. Fundraisers on school premises during the school day can never sell candy, coffee, tea, and soft drinks to students. In addition, Section 10-215b-1 prohibits giving and distributing candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs.	Yes, if sales occur on school premises from 30 minutes before up through 30 minutes after any CNPs. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser's income (including fees, ticket sales, and donations) from all foods and beverages sold to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
¹ "Fundraisers" are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities; including any activities that suggest a student donation in exchange for foods and beverages. For more information, refer to the CSDE's resource, <i>Requirements for Food and Beverage Fundraisers in HFC Public Schools</i> . ² The CSDE strongly encourages schools to promote consistent health messages to students by fundraising with nonfood items or healthy foods. For more information, refer to the CSDE's resource, <i>Healthy Fundraising</i> . ³ Fundraisers during the school day are ineligible for exemptions because they are not events; they must always comply with the CNS and state beverage statute. ⁴ Beverages sold to students in public schools must comply with the Smart Snacks beverage standards and any stricter requirements of the state beverage statute. For more information, refer to the CSDE's resource, <i>Allowable Beverages in Connecticut Public Schools</i> , and visit the CSDE's Beverage Requirements webpage.							

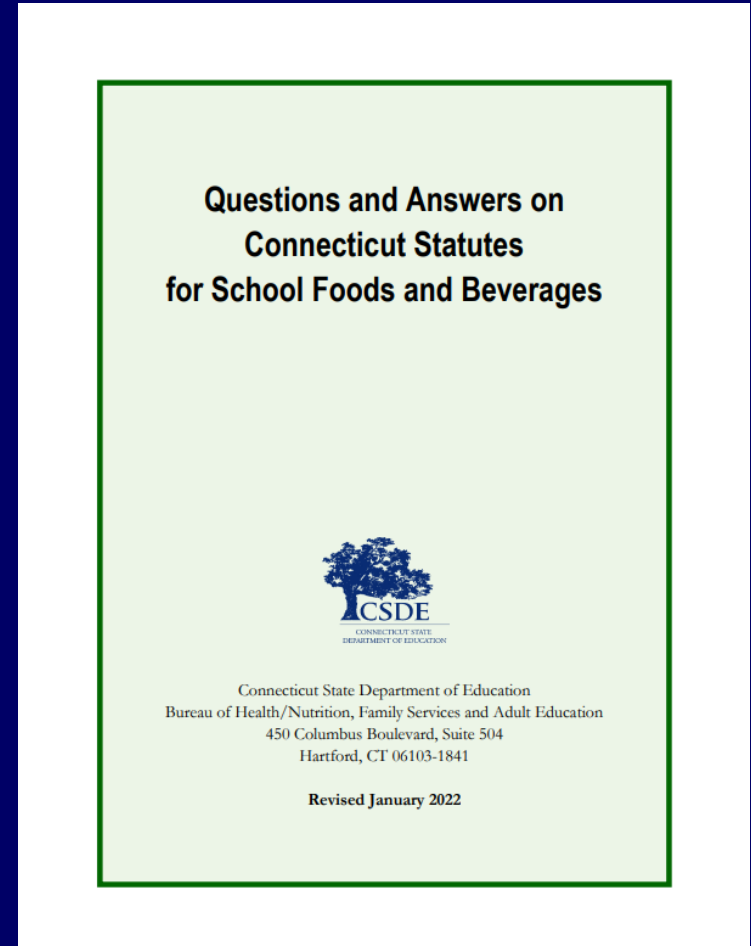
Connecticut State Department of Education • Revised January 2022 • Page 27 of 43

https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary_Chart_Requirements_Competitive_Foods_HFC.pdf

CSDE Resource

Questions and Answers on Connecticut Statutes

Provides answers to
commonly asked questions
about how to implement
the requirements of the
Connecticut General
Statutes for school foods
and beverages



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/
Questions_Answers_Connecticut_Statutes_School_Foods_Beverages.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions_Answers_Connecticut_Statutes_School_Foods_Beverages.pdf)

Competitive Foods in Schools Webpage

Federal and state laws for selling and giving foods and beverages to students in schools (public schools, private schools, and RCCIs)

The screenshot shows the CSDE website page for 'Competitive Foods in Schools'. The header includes the 'ct.gov' logo, 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads 'CT.gov Home / Department of Education / Competitive Foods in Schools'. The page title is 'Competitive Foods in Schools'. A left sidebar contains links for 'Overview' (highlighted), 'Documents/Forms', 'Laws/Regulations', and 'Contact'. Below the sidebar, it states 'Provided by: Department of Education'. The main content area has an 'Overview' section with a list of links: 'School Nutrition Programs | Program Guidance | Forms | Resources | Nutrition Education | HFC | CNS | Smart Snacks | List of Acceptable Foods and Beverages'. The text explains that competitive foods are available for sale to students on school premises, separately from reimbursable meals and Afterschool Snack Program (ASP) snacks. It references the USDA's Child Nutrition Programs (CNPs) and Section 10-215b-1 of the Regulations of Connecticut State Agencies. A bulleted list defines 'Sale' and 'School premises'. A footer note states that federal and state laws require competitive foods to comply with nutrition standards and other restrictions.

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Competitive Foods in Schools

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Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#) | [HFC](#) | [CNS](#) | [Smart Snacks](#) | [List of Acceptable Foods and Beverages](#)

Competitive foods are foods and beverages available for sale to students on school premises, separately from reimbursable meals and Afterschool Snack Program (ASP) snacks served through the U.S. Department of Agriculture's (USDA) [Child Nutrition Programs \(CNPs\)](#). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include candy, coffee, tea, and soft drinks that are given to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs.

- **Sale** means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include coupons and similar items that are given to students (such as food rewards), and can be exchanged for foods and beverages. However, the USDA's Smart Snacks nutrition standards do not apply when coupons and similar items are given to students.
- **School premises** include all areas of the property under the jurisdiction of the local or regional board of education, the Connecticut Technical Education and Career System (CTECS), or the governing authority district or school.

Federal and state laws require that competitive foods available for sale to students on school premises must comply with nutrition standards and other restrictions.

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Related-Resources#CompetitiveFoods>



Questions?

Contact the state HFC
coordinator or CSDE's
school nutrition
programs staff

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Contact>

<https://portal.ct.gov/SDE/Nutrition/Contact-Information-for-School-Nutrition-Programs>

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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